PSYCHOTHERAPIES

PSYCHOTHERAPY	CAUSE, WHICH HAS LED TO THE PROBLEM	HOW DID THE CAUSE COME INTO EXISTENCE?	CHIEF METHOD OF TREATMENT	NATURE OF THERAPEUTIC RELATIONSHIP	CHIEF BENEFIT TO CLIENT	DURATION OF TREATMENT
PSYCHODYNAMIC	Intrapsychic conflicts	Unfulfilled desires of childhood and unresolved childhood fears	Free association and dream interpretation	Therapist understands clients thoughts and feelings better than him and therefore therapist interprets the meaning of client's thoughts and feelings.	Emotional insight. Client understands his problems intellectually and accepts them emotionally.	Can continue for years, however recent versions end the therapy within 10 to 15 sessions
BEHAVIOURAL	Faulty learning of behaviours and cognitions	Maladaptive behaviours caused by faulty conditioning patterns, faulty learning and thoughts etc.	Identification of faulty behavioural patterns. Setup of alternate behavioural contingencies. Methods applied here challenge the maladaptive behaviours.	Therapist is able to find the correct mode of behaviour and challenge the faulty behaviour.	Replacement of maladaptive behaviours with adaptive patterns.	Shorter completed in few months
EXISTENTIAL/HUMANISTIC	Questions about the meaning of one's life and existence	Current feelings of loneliness, alienation etc.	This therapy provides a safe, positive, warm and non judgemental environment. Therapist acts as a facilitator.	Here therapist acts as a mere facilitator and client arrives at a solution through personal growth.	Personal growth is the chief benefit.	Shorter completed in few months

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